



# Prime Time News

## September 2017

Fitchburg Senior Center  
Volume VI Issue 9

### Look Ahead

Great new programs! P.2

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Driver Safety Class P.4

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Exercise/Meditation(NEW)! P.7

Transportation & Health P. 8

FSC Friends / Singers Start P.11

#### Payment Reminder

Exact change or check for class payments. Thanks

#### Caregiver Support

If you are caring for a loved one with dementia, you are not alone.

Join us on Thursday,  
September 14 at 10:00 a.m.

➔ **CLOSED** ➔

Monday, September 4

#### Parkinson's Support

Join us the 2nd & 4th  
Mondays at 2:00 p.m.



### Celebrate National Senior Center Month

*Senior Centers: Masters in Aging* is this year's theme for National Senior Center Month. The Fitchburg Senior Center works to affirm the dignity, self-worth and independence of older adults by facilitating their decisions and actions; tapping their experiences, skills and knowledge; and enabling their continued contribution to the community. In connection with this celebration, the Fitchburg Senior Center Friends are planning events throughout the month. We invite you to attend the **Meet, Greet & Eat Senior Social on Thursday, September 28**. Transportation available upon request by calling 270-4290. See the enclosed flyer for details on this and other events occurring throughout the month.

### "How Did I Get All This Stuff?"

"And why am I still the keeper of my kids' stuff? They moved out over 10 years ago!" "How do I get rid of this stuff? Is any of it worth anything?" "My granddaughter doesn't want my china! Am I in this dilemma alone?" and "How can I sell my home and move on - to where?" We have heard it all. Come to the **Downsizing With Ease** seminar on **Thursday, September 21 at 1:00 p.m.** at the Fitchburg Senior Center. We are here to help, or at least to commiserate. Speakers are Ruth Domack, First Weber, Inc; Marianne Gariti, Moving Forward; and Carrie Kirkpatrick, A Place for Mom. For reservations, please call 270-4290.



### Wisconsin Film Festival Pop Up Screening My Love Don't Cross That River

In Korean, with English subtitles, 86 minutes long.

Meet the cutest couple in South Korea, if not the world: Together for 75 years, yet still wearing matching outfits and getting into snowball fights.

This incomparably moving documentary holds vigil at the twilight of their lifelong love affair, as Jo's health finally begins to fail and Kang prepares to be on her own for the first time in her life. Widely beloved in South Korea, this heartbreaking romance has become the country's highest grossing independent film of all time.

*This free film screening is funded by Beyond the Page, the National Endowment for the Humanities, and the Madison Community Foundation and is offered in partnership with the Wisconsin Film Festival.*

September 22 at 12:40 p.m. at the Fitchburg Senior Center

# New Offerings For You!

P.2

## Improve Balance/Increase Strength

Looking to improve or maintain your balance?

Want to reduce your chance of falling? If so, then try this new class! Offered on Fridays for eight weeks. **Sept. 15—Nov. 3.** Thanks to the Saroj Bansal Memorial Fund, we are able to offer this class to you at the low rate of \$35. Instructor: Diane Fronek, certified No Falls Instructor.

Register by calling 270-4290 by Sept. 8.

## Only Leaves Should Fall

### Falls Prevention Event

Tuesday, September 26 - 10:30 a.m. -2:30 p.m.  
Boys & Girls Club—4619 Jenewein Rd, Fitchburg

**FREE—DEMOS—SCREENINGS—LUNCH**

Call 441-3060 to register! — Transpo Available!

## Build Your Core

Four weeks of exercises to help you remain active in your body routine with more strength and balance. Exercises will be performed standing, sitting, and on the floor. It will be necessary for you to be able to get up and down from the floor.

Wednesdays from 9:30-10:30 a.m. \$25.

Sept. 27-Oct. 25 (no class Oct. 11).

**FREE demo—Wed. Sept 20 9:30-10:00 a.m.**

Call 270-4290 to register and make payment



## WISCONSIN'S FOLK HUMOR

Jokes and anecdotes thrive in Wisconsin about the misadventures of Native peoples, immigrant and ethnic groups, workers, hunters and fishers, Packer fans, and more. This talk by James P.

Leary, the author of *So Ole Says to Lena: Folk Humor in the Upper Midwest*, draws on fieldwork with diverse joke-tellers from around the state, together with insights into Wisconsin's unique cultural history.

Brought to you by the Fitchburg Library & Senior Center. **Thursday, September 14 at 1:00 p.m. at the Senior Center.**

## Salad Option Friday's

Call a day in advance: 270-4290!

Join us for lunch on a Friday & ask for the salad du jour!

**New September Salads!**

## Car Concierge Auto Delivery

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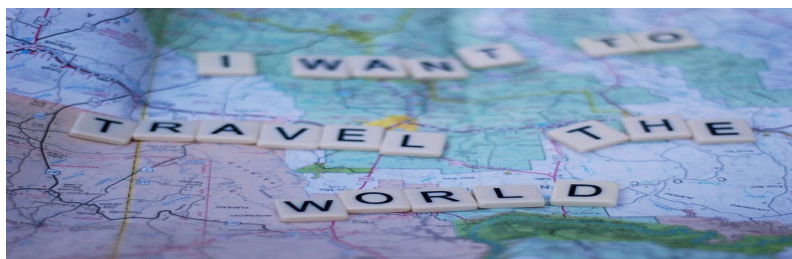
## Intermediate Spanish

Tuesdays 9:00 a.m. 9/12—10/31.

**Eight Weeks. Cost \$50**

Call 270-4290. If you would like to join please ask Senior Center staff for the teacher's contact info to determine if it would be a good fit for you.

# TRAVEL!



## Last Travel Opportunities for 2017

Time is running out to make reservations for the following 2017 tours offered by Premier World Discoveries:

California Rail Discovery -September 15-22

Discover Cuba- October 25-November 1

For brochures and more information,  
please contact Judy Broad at 271-9077

★ **Travel Show—Wed. Sept. 27 at 2:00 p.m.**

**Tours for 2018 include:**

**Rome and the Country Roads of Tuscany**

**Scandinavian Highlights**

**Pacific Coast Journey**

**Albuquerque Balloon Festival**

**Historic Natchez Value Tour**

Representatives from Premier World Discovery  
and Mayflower Tours will review the highlights  
of each tour and answer questions.

**Please register by calling 270-4290.**

**REMINDER: Register for the 2018 Historic  
Natchez Value Tour by August 30, 2017 and  
receive a \$150.00 fee reduction per person.**

## DAY TRIPS 2017

**September 7: Wild on Lake Geneva.** Cruise the lake on the Walworth as it departs to deliver mail to homes on the lake. Enjoy lunch at Popeye's Restaurant and a stop at Safari Lake Geneva. Cost \$109. Departs Fitchburg Senior Center 7:55 a.m. with estimated return at 5:00 p.m.

**October 5: La Crosse Boats and Bluffs, La Crosse, WI.** A scenic luncheon cruise on La Crosse Queen paddle wheeler on the upper Mississippi river. A stop at Southwind Orchards is included for shopping where a guide will join for sightseeing of Rivertown. Cost \$95. Departs Fitchburg Senior Center at 6:00 a.m. with estimated return at 9:15 p.m.

**November 5: "The Witch in 204",** Memories Dinner Theatre. The play is a sequel to Barbara Pease Weber's popular play "Seniors of the Sahara". The play takes place in a charming dinner theatre setting. Lunch is included. Cost \$85. Departs Fitchburg Senior Center at 8:40 a.m. with estimated return at 7:10 p.m.

**November 15: Holiday Stocking Stuffer,** Dodge County. Stuff your stocking while riding on the bus along the way to Chippy's Popcorn, Twisted Sister, Leroy Meats of Horicon and more. Lunch at Ginger's Hideaway included. Cost \$79. Departs Fitchburg Senior Center at 7:30 a.m. with estimated return at 5:00 p.m.

**Call 800-416-2049 for reservations.**



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# More!

## Learning Annex

### Verona Road Update



This is your opportunity to get all the updates on the Verona Road project. Our guest is Ahnaray Bizjak, City Transportation Engineer. She will be here to give updates and provide answers to questions you may have. Don't miss this opportunity to get all the details in person!

**Tuesday, September 19 at 2:00 p.m.**



## ASK THE CHIROPRACTOR

Dr. Laura Konopacki is currently accepting new patients at the Fitchburg Senior Center

Q: How long will I need to be seen?

A: First we'll talk about the changes you want. A plan for someone who just wants to feel a little better will be less than for someone who wants full function and quality of life. Spinal arthritis and overall health also affect how quickly your body responds. A general range might be a few weeks to several months, and will be unique for your case.

## Aging Mastery Program®

National Council on Aging

The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this 5-week program, you will:

- Gain impactful changes in your health behaviors, financial well-being and enrichment later in life.
- Increase your knowledge in the following areas: exercise, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships, fall prevention and community engagement.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.

**Limited spots available: Sign up now!**

Wednesday, October 4<sup>th</sup> through November 1<sup>st</sup> at the Oregon Senior Center  
5:30-8:00pm  
Registration deadline - September 27<sup>th</sup>.

**835-5801**

Thanks to a grant awarded through the National Council on Aging, this program, valued at \$100, will only cost \$25.  
Scholarships and transportation available.  
Make checks payable to the Fitchburg Senior Center

**ncoa**  
National Council on Aging



## AARP Driver Safety

Friday, October 20 from 8:30 a.m.—1:30 p.m.  
Call 270-4290 to register early!

Check with your insurance agent to see if you qualify for a discount! Member \$15 / Non-member \$20. Bring member card & license.

## Cards With Katie

Join us for an afternoon of paper crafting on **Monday, Sept. 18 at 1:00 p.m.** Stamp - cut - punch - glue - and have fun playing with paper. For more details go to [www.StampLadyKatie.com](http://www.StampLadyKatie.com)

Cost: \$11.50.

Payment due to the Senior Center one week prior to class. You must call 270-4290 to register.



## 2 EYEZ 4 PAWZ

### Pet Sitting & Dog Walking Service

**Tara Howard /Owner**

**608-279-3330**

**katz.dawgz54@gmail.com**

**www.2eyez4pawz.com**



## REACH Book Club

REACH Book Club will resume on **Thursday, September 14, 2017** with a discussion of the book, *Fahrenheit 451* by Ray Bradbury, our classic for the year. In a society in which books are outlawed, Montag, a regimented fireman in charge of burning the forbidden volumes, meets a revolutionary school teacher who dares to read. Suddenly he finds himself a hunted fugitive, forced to choose not only between two women, but between personal safety and intellectual freedom.

Other selections chosen are:

Oct. 12: *Doc* by Maria Doria Russell

Nov. 9: *News of the World* by Paulette Jiles

Dec. 14: *The Rosie Project* by Graeme Simsion

**FYI:** Although these books are available at the library at this time you might want to put them on hold and suspend them until the month of the discussion.

**REACH Book Club** meets the 2nd Thursday of each month, September through June at the *Fitchburg Senior Center* at 1:30 p.m.

## Mystery Book Club

The *I Love a Mystery Book Club* will meet on **Thursday, September 28, 2017 at 1:30 p.m. at the Fitchburg Senior Center.** (the 4th Thursday). We will discuss the book, *Crystal Gardens* by Amanda Quick. This is Book #1 in the *Ladies of Lantern Street* series. Evangeline Ames has rented a country cottage far from the London streets where she was recently attacked. Fascinated by the paranormal energy of nearby Crystal Gardens, she finds pleasure in sneaking past the wall to explore the grounds. And when her life is threatened again, she instinctively goes to the gardens for safety.

# Groups



## Men's Group

Join us for our next meeting on  
**Tuesday, Sept. 12 at 2:00 p.m.**

For more info log on to:  
[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)  
and click on Men's Group on the left side.



**Active Women's Group** Join us for our  
next meeting on



**Tues., Sept. 26 at 2:00 p.m.**

**Social Hour** from 1:00-2:00 p.m. before meeting.

For more info log on to:  
[www.fitchburgseniorcenter.com](http://www.fitchburgseniorcenter.com)  
and click on Active Women's Group.

*Dine Out*



## Couples Dinner Group

**September 19** we will be going to **Fuji Sushi and Hibachi, 1619 Deming Way, Middleton.**

Any couple who would like to join us should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990.

**NEW!**

## Women's Brunch

**Women's Brunch at the Egg & I on the second Monday of every month at 10:00 a.m.** Those that would like to join should e-mail Bev Davis at [bevbdavis@aol.com](mailto:bevbdavis@aol.com) or call 608-467-3990.

Call 608.274.4350 today to schedule  
a tour and enjoy a complimentary lunch!



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# Fun Zone

## Drop-In Activities!!!!

Dominos—2nd & 4th Mon. @ 1:00 p.m.

Social Bridge—Mon. @ 10:00 a.m.

Cross Stitch—Thurs. @ 8:30 a.m.

Euchre—1st, 3rd & 5th Tues. @ 12:45 p.m.

Mahjong—1st Tues. @ 1:00 p.m.

Bingo—Thurs. @ 12:30 p.m.

Sheepshead—Thur. @ 1:00 p.m.

Scrabble—Fri. @ 1:30 p.m.

Ping Pong—Fri. 9:00 a.m.

Bunko—Wed. @ 1:00 p.m.

Open Art—3rd Mon. @ 1:00 p.m.

Yarn Group—Mon. @ 9:00 a.m.



\$20 Blackout Bingo!! Sept. 14

Special Sponsor:

**Noel Manor**

Fitchburg Police serving lunch!!

Game begins promptly at 12:30 p.m.

Library Shuttle now available every  
Wednesday! Call 270-4290 by noon  
one day in advance to register.

**YES!!**

Movie Day—

Will be our Film Festival Pop Up  
Screening. See front page for more  
details



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Ukulele Network

The uke group strums every  
Tuesday at 1:00 p.m.

Do you have a ukulele and already know some  
basic chords?

Come play with us! Call Judy at  
608-514-3274.

# Exercise Opportunities

P.7

## Exercise Payment Update

The Senior Center will no longer be accepting pro-rated payments for any of its classes.

## Zumba Gold

Thursdays: 10:00-10:45 a.m. Four weeks / \$25  
September 7-28. Minimum sign-up of six.  
Call or stop by to register and make payment.

## Yoga W/ Kurt—Fall Session

Sept. 11— Oct. 30

\$56—Eight weeks

Level I 10:45 a.m.—12:00 p.m.

Level II: 9:15—10:30 a.m.

Call 270-4290. Payment due upon signup.



## Outdoor Pickleball

Swan Creek Tennis Courts reserved every morning from 8:00 a.m. to 12:00 p.m. Head on over and meet new players!

## Indoor Pickle Ball

Every Tuesday. Advanced Play 8:30-10:30 a.m.  
Beg./Inter. 10:30 a.m.—12:30 p.m. Open play  
1:00-3:00 p.m. in the upper level.



## Tai Chi Thursdays

8:30 a.m. Cost—\$2 drop-in.  
Beginners welcome.



## Aerobics With Diane Fronek

Diane teaches Mondays and Wednesdays at 8:30 & 9:45 a.m.; Fridays at 8:30 a.m. Class focuses on cardio, strength, and flexibility.

Cost is \$22 per month.

*This fee reflects a \$2 increase.*

## Functional Fitness

Monday, Wednesday and Friday from 11:00-11:30 a.m. Class is chair-based and focuses on strength, range of motion and balance.

Cost is \$12 per month.



**NEW!**

## An Eight-Week Intro To Meditation

Fridays, Sept. 15 to Nov. 3 from 9:45 to 10:30 a.m. Fee: \$40. Limit: 20. Learn to calm your body and tame your mind in this eight-week course, which introduces participants to a variety of meditation styles and techniques. Be prepared to practice meditating every day.

Each class will include instruction, practice, brief group dialog, and homework. Both beginners and those who want to renew their practice are welcome.

Offered by Becky Otte-Ford and the Fitchburg Senior Center.

Please call 270-4290 to register and make payment.



## Program Scholarships

Thanks to the generosity of the Fitchburg Senior Center Friends we are able to offer program scholarships for classes offered at the Center. Scholarship applications are available at the front desk or you can speak with a staff person to obtain an application. All applications are kept confidential.

# Transportation Services P.8

**Meals**—\$1 round-trip. Transportation provided to and from the Senior Center by Transit Solutions. Call the Senior Ctr. at 270-4290 to schedule a ride. Please indicate if wheelchair lift is needed.

**Shopping**—\$3.00 round-trip. Provided by Transit Solutions for general and grocery shopping on Tuesdays and Fridays. Call the Senior Center to schedule a ride. Check calendar for trip destinations.

**Medical Appointments**—Cost is a donation. Transportation provided by RSVP volunteer drivers. Call the Senior Center at 270-4290 at least 5 business days in advance to schedule a ride.

**Shuttle Service**— This service is used for medical ride requests that require wheelchair transport. Requested donation is \$10 round-trip. Call 270-4290 3 business days in advance to schedule a ride. Subsidy for this transportation is provided by FSC Friends.

## Health, Help & Renewal

Footcare/Fingernail—Home Health United. Offered 2nd & 4th Wednesday & 4th Monday. Cost is \$20 & \$10. Call the Center for an appointment.

Must provide 2 towels.



Pre and Diabetic Footcare

**September 15**

The cost of this clinic is \$28. Please call 270-4290 to schedule an appointment.

Blood Pressure

Offered at no charge the second and fourth Thursday of each month  
10:30 a.m.—12:00 p.m.  
No appt. needed.

EMS BP&Glucose

Fourth Mon. 10:30 a.m.



Massage Therapy

June Newman  
LMT,NCTMB.  
Mon./Thurs.  
Afternoons

Massage/Reflexology

Gregory Newman  
LMT,NCTMB.  
Wed. Afternoons

Massage

Denny Ginko  
Call for  
dates/times

Cost:

\$30 for 30 min.  
\$50 for 60 min.  
\$70 for 90 min.

Cancellations must be made 24 hrs in advance to avoid being charged.

Call 270-4290

## Social Services

Senior Center Help

- ♦ Home visits
- ♦ Three Month Loan Closet
- ♦ Meals on Wheels
- ♦ Home Health
- ♦ Insurance
- ♦ Medicare/Part D
- ♦ Medicaid
- ♦ Call Amy Jordan or Sarah Folkers at 270-4290 today!

Chair Massage W/ Gary Kuzynski

1st & 3rd Wednesday mornings

15 minutes = \$11

30 minutes—\$22

Call 270-4290 to register.

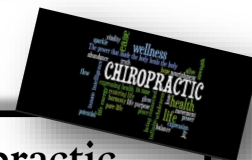


**Body Wave Chiropractic**

Laura Konopacki

Tuesdays 11:30—1:30 p.m.

Call 270-4290 to register.



## Class Registration/Payment

Class: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cash: \_\_\_\_\_

Check: \_\_\_\_\_

**Program Cancellation Policy:** Class payments must be received seven days prior to the start of class.

Certain classes require a minimum attendance. If your cancellation puts the class attendance under the minimum, a refund may not be possible.



FSCF provided \$400 for special needs to support our Center.

**Meet, Greet and Eat** event will be held on September 28 from 4:00-7:00 p.m. at the Senior Center with

Hors d'oeuvres, beverages and prizes. Stay for the Packers party after 7:00 p.m.

### Eplegaarden Events:

**Ice Cream Social** on Labor Day weekend  
**Grandparents' Day** - Snack Stand, September 10  
 Volunteers needed. Contact Mandi at 270-4290

**Restaurant Wednesdays:** September 13, 20, 27

For more details on all of these events, see the yellow insert in this issue.

FSCF Board of Directors is seeking applicants to serve on the board. Applicants need to be age 50 or older and be available to attend monthly meetings year-round. Applications can be found online or at the front desk. Talk to a current Board member to learn more.

May-October • Every Thursday • 3-6pm

2017

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fitchburgmarket.com

**Special Events 2017**  
 Strawberry Fest \* June 15  
 Kids Fest \* July 20  
 Summer Fest \* August 17  
 Fall Fest \* September 21

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 FITCHBURG

## Fitchburg Singers Starting Soon!!

Join this wonderful group of men and women who love to share their joy of singing. Singers frequently entertain at various locations in Dane County. Practices held the 1st & 3rd Wed. at 1:00 p.m. **First practice is Sept. 6!** From beginner to professional, all voices welcome!! Sign-up not required.

Fitchburg Senior Center  
5510 East Lacy Road  
Fitchburg, WI 53711  
608-270-4290

[www.fitchburgwi.gov](http://www.fitchburgwi.gov)



Accredited by the Wisconsin  
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Jill McHone, Director  
David Hill, Assistant Director  
Mandi Miller, Nutrition Site  
Mgr/Volunteer Manager  
Amy Jordan, Social Worker  
Sarah Folkers, Social Worker  
Betty Otradovec, Office Asst.



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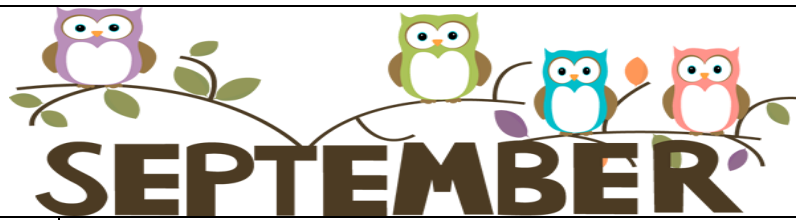
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		<b>SEPTEMBER 2017</b>			Fellowship, Food & Fun
		<b>Salad Option Fridays</b> (Salads are dine-in only) 1 <sup>st</sup> –Hummus Plate 8 <sup>th</sup> - Pulled Pork Santa Fe 15 <sup>th</sup> – Harvest Salad 22 <sup>nd</sup> – Chicken Confetti 29 <sup>th</sup> – Tuna Salad *Meal has pork product			<b>Friday 1</b> Salisbury Steak Mashed potatoes Carrots Rye Bread/Marg. Jell-o w/Fruit <b>VO- Veggie Patty</b>
<b>Monday 4</b> ---Closed--- 	<b>Tuesday 5</b> BBQ Ribs Twice Baked Potato Baked Beans Dinner Roll/Butter Apple Pie <b>VO– Veggie Wrap</b>	<b>Wednesday 6</b> Baked Mostaccioli Tossed Greens w/Ranch Orange Bread Stick Cake <b>VO–Veggie Meatballs</b>	<b>Thursday 7</b> Grilled Chicken on Bun w/Let, Tom. Carrots Green Beans Jell-O w/Peach Slices <b>VO- Black Bean Burger</b>	<b>Friday 8</b> Roast Beef Mashed Potatoes w/Gravy Roasted Corn MG Bread Apple Crisp <b>VO- Veggie Patty</b>	
<b>Monday 11</b> Chicken Salad on Bun w/Lettuce Carrot Sticks Marinated Tomatoes Fruit Cup Sugar Cookie <b>VO- Egg Salad on Bun</b>	<b>Tuesday 12</b> *Ham/Swiss Croissant w/ Lettuce. & Mayo Kidney Bean Salad Banana Lemon Bar <b>VO- Cheese Sandwich</b>	<b>Wednesday 13</b> *Roast Pork w/Gravy Mixed Greens w/French Corn Fruit Cocktail W.W. Bread Vanilla Pudding <b>VO- Veggie Patty</b>	<b>Thursday 14</b> Meat Spaghetti Peas Garlic Bread Stick Parmesan Packet Strawberry Jell-o w/ Pineapple <b>VO- Soy Meat Sauce</b>	<b>Friday 15</b> Biscuits and Gravy Hash Brown Patty Tomato Juice Mandarin Oranges Cinnamon Roll <b>VO- Spinach/Cheese Quiche</b>	
<b>Monday 18</b> Swiss Steak Rice Mixed Greens w/3 Tomato Slices & Italian Dressing Fruit Cup Oatmeal Cookie <b>VO- Veggie Meatballs</b>	<b>Tuesday 19</b> Chicken Macaroni Salad Four Bean Salad Orange Jell-o w/Peaches <b>VO- Pasta Salad w/Cheese</b>	<b>Wednesday 20</b> Cheeseburger on Bun w/Let. & Tom. BBQ Baked Beans Banana Lemon Raspberry Cake <b>VO- Egg Salad Sandwich</b>	<b>Thursday 21</b> *Italian Sausage w/ Peppers & Onions Carrots Mandarin Oranges Pineapple Cake <b>VO- Vegetarian Wrap</b>	<b>Friday 22</b> Breaded Fish w/tartar sauce ½ Baked Potatoes w/Sour Cream Corn MG Bread Pineapple Fluff <b>VO- Baked Potato w/ Cheese Sauce</b>	
<b>Monday 25</b> *Au Gratin Potatoes w/Diced Ham Mixed Vegetables Fruit Cup Rye Bread Ice Cream <b>VO- Au Gratin w/Soy Meat</b>	<b>Tuesday 26</b> Beefy Mac-N-Cheese Carrots Apple Strawberry Shortcake w/Topping <b>VO- Mac-N-Cheese</b>	<b>Wednesday 27</b> Chicken Cacciatore Egg Noodles Pea Salad Diced Peaches WW Bread Sherbet <b>VO- Soy Meat Sauce</b>	<b>Thursday 28</b> *Meatloaf Mashed Potatoes w/Gravy Mixed Greens w/3 Tomato Slices & French Dressing W.W. Bread Jell-o w/Diced Pears <b>VO-Veggie Patty</b>	<b>Friday 29</b> Beef Burrito Bake Spanish Rice Corn Diced Pears Cookie Packet <b>VO- Veggie Burrito Bake</b>	

Meals provided by: DANE COUNTY CONSOLIDATED FOOD SERVICES DIVISION

*All menu items are prepared in kitchens that are not allergen-free.*

*We cannot guarantee that food allergens will not be transferred through cross-contact. No substitutions allowed.*

# September 2017

## Senior Center Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																											
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***Fitchburg Senior Center***  
***Invites You To***  
***Meet, Greet & Eat***  
***Senior Social***  
***Sept. 28, 2017, 4 - 7 p.m.***

***Celebrating National Senior Center Month***



**Hors d'oeuvres, Beverages and Prizes**  
**Compliments of the Fitchburg Senior Center Friends**

Celebration includes Mayoral Proclamation, Dedication of the Remodeled Dining  
Room & Upgraded Audio-Visual System, plus  
Music by the Fitchburg Ukulele Network

**Stay to watch the Packers vs. Bears football game at 7:25 p.m.**

# ***National Senior Center Month – September 2017***

**Celebrate all month long with the Fitchburg Senior Center Friends**

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## ***Fundraising Events at Eplegaarden – 2227 Fitchburg Road, Fitchburg***

### **Ice Cream Social**

Saturday, Sept. 2 9 a.m. — 5 p.m.

Sunday, Sept. 3 11 a.m.—5 p.m.

Monday, Sept. 4 9 a.m.—5 p.m.

“Friends” will be serving FREE ice cream—DONATIONS accepted



### **Grandparents' Day / Snack Stand**

Sunday, Sept. 10, 11 a.m.—5 p.m.

“Friends” will be working in the Snack Stand

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## **Annual Travel Show**

Wednesday, Sept. 27, 2 p.m.—4 p.m., Fitchburg Senior Center

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## **Restaurant Wednesdays**

Receive a 20% discount off your food order—breakfast, lunch or dinner  
Coupons available at the Fitchburg Senior Center



Wednesday, Sept. 13 Benvenuto's, Fitchburg 11 a.m.-10 p.m.

Wednesday, Sept. 20 Me & Julio, Fitchburg 11 a.m.-11 p.m.

Wednesday, Sept. 27 Hy-Vee Market Grille, Fitchburg 6 a.m.-9 p.m.



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## **Meet, Greet & Eat Senior Social**

Thursday, Sept. 28, 4 p.m.—7 p.m., Fitchburg Senior Center

Complimentary Hors d'oeuvres, Beverages & Prizes

followed at 7:25 p.m. by the

**PACKERS vs. BEARS FOOTBALL GAME**

***View the game in style on our new, large screen TV!***

